

Weekly Lesson Plan- Physical Education 4K-2

Teacher: Dollar

Strand: →Movement Competency Cognitive Abilities →Responsible behavior Lifetime Fitness

Date	Unit/Objective	Equipment	Lesson
January 3 rd , 2017 Lesson 1	Teamwork	Parachute, beanbags	<p>Intro: (5 min) Warm-Up Students will [jog, skip, walk, lunge, shuffle...] laps as music plays When music stops the teacher will call out a number and an exercise or stretch for the students to complete (teacher will model and count with students).</p> <p>Game/Challenge: (30 min) Popcorn</p> <p>Have students gather around two parachutes. Students should stand close to one another and grab the edges of their parachutes. Toss 8 beanbags into the center of both of the parachutes. The object of the game is to launch the beanbags into the air and off of the parachutes when you shout, "POPCORN!" The first team to launch all of the beanbags off of their parachute wins a point for their team.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
January 5 th , 2017 Lesson 2	Teamwork	Parachute, beanbags	<p>Warm up: (10 min) Students will [jog, skip, walk, lunge, shuffle...] laps as music plays When music stops the teacher will call out a number and an exercise or stretch for the students to complete (teacher will model and count with students).</p> <p>Game/challenge: (30 min) Parachute Steal-the-Bacon</p> <p>Divide students into two equal groups. Assign a number to each student on one team. Repeat for the other team. Have students gather around a parachute and grab the edge. Place a beanbag on the ground underneath the parachute (in the center). Have the students lift the parachute as high as they can, then call out a number. The student from both teams with that number must run under the parachute, grab the “bacon” (beanbag), and run out from under the parachute before it comes back to the ground. If the student with the “bacon” makes it out from under the parachute in time, his/her team receives a point. If the student with the “bacon” doesn’t make it out from under the parachute in time, no point is scored. Repeat until all students’ numbers have been called. The team with the most points at the end of the game wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>